

Report on Basic Demographic Information and Results of Twelve Month  
Follow-up Procedure For Adults Completing Gambling  
Treatment Programs

Presented to: Division of Alcohol and Drug Abuse  
State of South Dakota

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## **Executive Summary - Gambling Treatment Programs**

The outcome results are based on the 109 persons who were surveyed 12 months post-treatment. Overall, the outcome results were outstanding.

- The gambling abstinent rate at 12-months post-treatment was 53.2 percent.
- Before treatment started, 73.3 percent of the clients reported substance use in the past year. Only 45.0 percent of persons indicated substance use in the year following treatment. Before gambling treatment, clients used a variety of substances, but after treatment only alcohol, marijuana, and stimulant use was reported.
- In each work category assessed, there were significantly fewer work problems after treatment than before. After treatment, the clients had fewer problems with co-workers, missing work, getting work done, making serious mistakes, doing quality work, being late for work, getting injured, and having problems with supervisors.
- There was a significant reduction in the number of days absent from work between 'before' treatment and 'after' treatment. Before treatment, there was an average of 2.9 days of missed work in the past month. The average was reduced to only 0.8 days for those completing treatment.
- Before entering treatment, about three-fourths of the clients were under the influence of drugs or alcohol while working, but after treatment only 4.4 percent reported influences of substances while working.
- There was a significant reduction (2.4 times less) in the number of reported accidents as drivers between the pre- and post-treatment measures.
- There were 2.3 times fewer arrests during the follow-up period compared to 12 months prior to treatment.
- The clients rated the gambling treatment program very highly with more than 91.9% agreeing that the program was good.

## Demographic Information from the Gambling Intake Form

### Ethnic Origin

Information for this section of the report was obtained from the MPR Adult Intake form that was adapted and used by permission of New Standards, Inc. The information was collected for persons completing treatment programs between July 2001 and December 2006. Information from the Intake, History, and Discharge forms were available for 261 persons.

The only ethnic group with notable numbers was White (90.0%). The three other most prevalent groups were Native American (5.7%), Biracial (2.7%), and Black (0.8%).

| Ethnicity       | Number of Cases | Percent |
|-----------------|-----------------|---------|
| Asian           | 1               | 0.4%    |
| Black           | 2               | 0.8%    |
| Hispanic        | 1               | 0.4%    |
| Native American | 15              | 5.7%    |
| White           | 235             | 90.0%   |
| Biracial        | 7               | 2.7%    |
| Other           | 0               | 0.0%    |
| Total           | 261             |         |

### Marital Status

Married (37.0%) and divorced (26.5%) were the most frequently mentioned categories of marital status.

| Marital Status | Number of Cases | Percent |
|----------------|-----------------|---------|
| Never Married  | 64              | 24.9%   |
| Divorced       | 68              | 26.5%   |
| Separated      | 21              | 8.2%    |
| Widowed        | 9               | 3.5%    |
| Married        | 95              | 37.0%   |
| Total          | 257             |         |

## **Educational Attainment**

High school diploma/GED was the most frequently mentioned category (58.4%), followed by vocational/technical school (13.6%), associate's degree (9.7%), and no degree or no diploma earned (8.6%).

| <b>Highest Degree Earned</b> | <b>Number of Cases</b> | <b>Percent</b> |
|------------------------------|------------------------|----------------|
| No Degree or Diploma earned  | 22                     | 8.6%           |
| High school diploma/GED      | 150                    | 58.4%          |
| Vocational/technical school  | 35                     | 13.6%          |
| Associate's Degree           | 25                     | 9.7%           |
| Bachelor's Degree            | 20                     | 7.8%           |
| Master's Degree              | 5                      | 1.9%           |
| M.D./J.D./Doctorate          | 0                      | 0.0%           |
| Total                        | 257                    |                |

## **Current Employment Status**

At entry into the treatment programs, more than half (64.3%) were employed either part- or full-time. The most common employment status was full-time employment (55.4%).

| <b>Employment Status</b> | <b>Number of Cases</b> | <b>Percent</b> |
|--------------------------|------------------------|----------------|
| Full-time employment     | 143                    | 55.4%          |
| Part-time employment     | 23                     | 8.9%           |
| Unemployed               | 67                     | 26.0%          |
| Retired                  | 7                      | 2.7%           |
| Disabled                 | 11                     | 4.3%           |
| Homemaker                | 7                      | 2.7%           |
| Student                  | 0                      | 0.0%           |
| Total                    | 258                    |                |

## Financial Assistance

Some of the clients were receiving disability compensation (6.5%) or welfare (3.1%), but none (0.0%) were receiving both.

| Financial Assistance              | Number of Cases | Percent Yes |
|-----------------------------------|-----------------|-------------|
| Receiving Disability Compensation | 260             | 6.5%        |
| Receiving Welfare                 | 260             | 3.1%        |

## Treatment Payment

Most (70.8%) of the clients were financed exclusively by the Division of Alcohol and Drug Abuse as indicated in the 'Other' category. Self-pay (21.7%) and private/group insurance (8.3%) were the other most frequent types of payment. Because of multiple responses to payment type, the sum of the percents is more than 100.

| Payment Type            | Number of Cases | Percent |
|-------------------------|-----------------|---------|
| Medicare                | 5               | 2.0%    |
| Medicaid                | 5               | 2.0%    |
| Blue Cross/Blue Shield  | 7               | 2.8%    |
| Private/group insurance | 21              | 8.3%    |
| HMO                     | 0               | 0.0%    |
| Self-pay                | 55              | 21.7%   |
| Other                   | 179             | 70.8%   |

## Referral Source

Self (52.0%) was the most frequent referral source. Other common referral sources were: 'Family' (34.6%), 'Other' (20.5%), and 'Court' (15.0%). Since there were multiple referral sources, the sum of the percents was more than 100.

| Referral Source      | Number of Cases | Percent Checking Category |
|----------------------|-----------------|---------------------------|
| Court                | 38              | 15.0%                     |
| Detox Center         | 4               | 1.6%                      |
| Employer/EAP         | 12              | 4.7%                      |
| Family               | 88              | 34.6%                     |
| Friends              | 29              | 11.4%                     |
| Mental health worker | 30              | 11.8%                     |
| Physician            | 15              | 5.9%                      |
| School               | 2               | 0.8%                      |
| Self                 | 132             | 52.0%                     |
| Social worker        | 16              | 6.3%                      |
| Other                | 52              | 20.5%                     |

## Reasons For Entering Treatment

Arrest/conviction (15.1%) was the most frequent reason for entering treatment, followed by ultimatum from spouse/mate (10.2%).

| Reasons                    | Number of Cases | Percent Yes |
|----------------------------|-----------------|-------------|
| Arrest/conviction          | 38              | 15.1%       |
| Other court action         | 24              | 9.6%        |
| In lieu of incarceration   | 9               | 3.6%        |
| Ultimatum from employer    | 11              | 4.4%        |
| Ultimatum from spouse/mate | 26              | 10.2%       |

## **Employment History**

About two-fifths 38.0%) of the clients had never quit their jobs or been fired and about a third (32.0%) had quit or were fired from one or two jobs.

| <b>Quit Job or Were Fired</b> | <b>Number of Cases</b> | <b>Percent Yes</b> |
|-------------------------------|------------------------|--------------------|
| Never                         | 95                     | 38.0%              |
| 1 or 2 jobs                   | 80                     | 32.0%              |
| 3 to 5 jobs                   | 44                     | 17.6%              |
| 6 to 10 jobs                  | 19                     | 7.6%               |
| 11 to 20 jobs                 | 10                     | 4.0%               |
| More than 20 jobs             | 2                      | 0.8%               |
| Total                         | 250                    |                    |

## **Demographic Information from the Gambling History Form**

### **Work Outside Home**

Most (74.6%) of the clients were working either part- or full-time.

| <b>Work Outside Home</b> | <b>Number of Cases</b> | <b>Percent</b> |
|--------------------------|------------------------|----------------|
| Yes, full-time           | 155                    | 60.5           |
| Yes, part-time           | 36                     | 14.1           |
| No, by choice            | 15                     | 5.9            |
| No, unemployed           | 50                     | 19.5           |
| Total                    | 256                    |                |

### **Personal Income Last Year**

Most (57.8%) of the clients reported incomes between \$10,000 and \$30,000. Some (16.3%) of the respondents made more than \$30,000 per year.

| <b>Personal Income Categories</b> | <b>Number of Cases</b> | <b>Percent</b> |
|-----------------------------------|------------------------|----------------|
| Less than \$10,000                | 53                     | 21.1           |
| \$10,001 to \$20,000              | 94                     | 37.5           |
| \$20,001 to \$30,000              | 51                     | 20.3           |
| \$30,001 to \$50,000              | 32                     | 12.7           |
| Over \$50,000                     | 9                      | 3.6            |
| Don't want to say                 | 12                     | 4.8            |
| Total                             | 251                    |                |

### **Family Income Last Year**

As would be expected, family income levels were higher than personal income levels, but less than half (38.1%) of the incomes were over \$30,000.

| <b>Family Income Categories</b> | <b>Number of Cases</b> | <b>Percent</b> |
|---------------------------------|------------------------|----------------|
| Less than \$10,000              | 41                     | 16.8           |
| \$10,001 to \$20,000            | 43                     | 17.6           |
| \$20,001 to \$30,000            | 43                     | 17.6           |
| \$30,001 to \$50,000            | 63                     | 25.8           |
| Over \$50,000                   | 30                     | 12.3           |
| Don't want to say               | 24                     | 9.8            |
| Total                           | 244                    |                |



### **Gambling Past 12 Months from History Information**

Most of the clients played slot, poker, or other gambling machines (92.7%), gambled in a casino (86.3%) and played the numbers or bet on lotteries (57.7%).

| <b>Types of gambling</b>   | <b>History Form<br/>Percent<br/>Indicating<br/>Yes</b> |
|--|--|
| Played cards for money   | 28.8%  |
| Bet on horses, dogs, other animals                                   | 5.9%   |
| Bet on sports  | 19.2%  |
| Played dice games or dominoes for money                              | 17.4%  |
| Gambled in a casino  | 86.3%  |
| Played the numbers or bet on lotteries                               | 57.7%  |
| Played bingo for money   | 21.3%  |
| Played the stock, options or commodities market                      | 3.8%   |
| Played slot, poker, or other gambling machines                       | 92.7%  |
| Bowled, shot pool, played golf or some other game of skill for money | 18.0%  |
| Pulled tabs or "paper" games other than lotteries                    | 31.5%  |
| Illegal gambling of any type   | 5.1%   |

## Reasons for Gambling

Many (80.3%) treatment program participants agreed that they liked the action and excitement of gambling. The second most common reason for gambling (78.7%) was that gambling helped them forget their problems.

| Reason                          | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|---------------------------------|----------------|-------|---------|----------|-------------------|
| Liked action and excitement     | 45.5%          | 34.8% | 15.2%   | 3.7%     | 0.8%              |
| Forgot my problems              | 55.3%          | 23.4% | 9.8%    | 7.4%     | 4.1%              |
| Felt like royalty               | 18.3%          | 15.4% | 24.1%   | 23.7%    | 18.7%             |
| Used winnings to impress people | 16.5%          | 16.1% | 19.0%   | 25.2%    | 23.1%             |
| Numbed my feelings              | 50.0%          | 23.3% | 13.3%   | 10.0%    | 3.3%              |

About one-fourth (26.5%) used alcohol while gambling most of the time or always.

|                                 | Always | Most of time | Less than half time | Rarely | Never |
|---------------------------------|--------|--------------|---------------------|--------|-------|
| Drank alcohol while gambling    | 12.0%  | 14.5%        | 10.3%               | 21.5%  | 41.7% |
| Used other drugs while gambling | 7.8%   | 7.0%         | 3.3%                | 4.5%   | 77.4% |
| Overate while gambling          | 1.6%   | 2.1%         | 4.1%                | 7.0%   | 85.2% |
| Did not eat while gambling      | 23.5%  | 31.7%        | 10.7%               | 14.0%  | 20.2% |

## Gambling Behavior at time of Intake into Treatment Program

Nearly all (98.0%) clients felt they should cut down on gambling and others were told to cut down on gambling (91.9%). After losing much money, (95.1%) went back to get even. Many (89.8%) clients indicated that they lied to family members to conceal gambling.

|  | Number of Cases | Percent Yes |
|--|-----------------|-------------|
| Felt they should cut down on gambling                    | 245             | 98.0%       |
| Told to cut down on gambling                             | 246             | 91.9%       |
| Anyone else in household gambled                         | 246             | 33.3%       |
| If yes, is it a problem?                                 | 79              | 36.7%       |
| Ever been treated for gambling addictions?               | 241             | 37.8%       |
| Gambled on holidays                                      | 241             | 63.9%       |
| Gambling replaced other activities                       | 241             | 81.3%       |
| Absent from work because of gambling activities          | 246             | 42.3%       |
| Spent family funds on gambling                           | 245             | 87.8%       |
| Gambled at work  | 241             | 26.6%       |
| Tried to stop, but unable to control or cut down         | 246             | 89.8%       |
| Felt restless or irritable when they cut down or stopped | 245             | 78.4%       |
| Felt restless or irritable when unable to gamble         | 244             | 79.9%       |
| After losing, gone back to get even (chased)             | 247             | 95.1%       |
| Experienced cravings when they cut down or stopped       | 245             | 77.1%       |
| Gambled as a way of escaping from problems               | 244             | 85.2%       |
| Lied to family members to conceal gambling               | 246             | 89.8%       |
| Committed illegal acts in order to finance gambling      | 246             | 69.9%       |
| Jeopardized a significant relationship, job, etc.        | 246             | 62.2%       |
| Person provided money to relieve financial situation     | 245             | 80.4%       |
| Gambled when angry or when feeling misunderstood         | 242             | 74.8%       |
| Gambling thought of as way to solve financial problems   | 244             | 82.0%       |

About one-fourth (29.2%) of the clients had an alcoholic father and 13.6% had both an alcoholic father and mother. About one in ten (9.2%) had a father that was a compulsive gambler. Alcoholism of parents appears to be highly associated with gambling behavior of the clients in gambling treatment programs.

|                     | <b>Neither</b> | <b>Mother</b> | <b>Father</b> | <b>Both</b> |
|---------------------|----------------|---------------|---------------|-------------|
| Alcoholism          | 47.7%          | 9.5%          | 29.2%         | 13.6%       |
| Drug use            | 92.8%          | 3.0%          | 1.3%          | 3.0%        |
| Eating disorder     | 90.7%          | 6.8%          | 1.3%          | 1.3%        |
| Compulsive gambling | 80.0%          | 7.9%          | 9.2%          | 2.9%        |
| Mental illness      | 85.2%          | 9.3%          | 3.0%          | 2.5%        |
| Other               | 96.7%          | 0.9%          | 0.9%          | 1.4%        |

Most (75.8%) clients' parents did not have gambling problems. Of those who did, fathers (9.6%) and mothers (9.6%) were the most frequently mentioned.

|  | <b>Both</b> | <b>Father</b> | <b>Mother</b> | <b>Neither</b> |
|--|-------------|---------------|---------------|----------------|
| Did or currently have a gambling problem | 5.0%        | 9.6%          | 9.6%          | 75.8%          |

### **Additional Problem Areas Before You Were 15 Years Old**

Some major problem areas encountered by the clients before age 15 were: stole things without confrontation (40.1%), often lied (37.7%), and truant from school (34.3%).

| <b>Problem Area</b>                          | <b>Number Cases</b> | <b>Percent Yes</b> |
|--|---------------------|--------------------|
| Truant from school?                          | 242                 | 34.3%              |
| Ran away from home overnight more than once? | 247                 | 28.7%              |
| Started physical fights?                     | 247                 | 29.1%              |
| Used a weapon in a fight?                    | 245                 | 7.3%               |
| Forced someone to have sex?                  | 247                 | 1.2%               |
| Physically cruel to animals?                 | 245                 | 8.5%               |
| Physically cruel to people?                  | 247                 | 13.8%              |
| Deliberately destroyed others property?      | 248                 | 20.6%              |
| Often lied?                                  | 244                 | 37.7%              |
| Stole things without confrontation?          | 247                 | 40.1%              |
| Stole things with confrontation?             | 247                 | 5.3%               |

## Results from Follow-up Survey - Outcome Results

The outcome results are based on 109 persons who were surveyed 12 months post-treatment.

### Support Groups

Over half (72.7%) of the clients in the follow-up study participated in aftercare programs.

|                    | Number of Cases | Percent Yes |
|--------------------|-----------------|-------------|
| Attended Aftercare | 99              | 72.7%       |

Many (69.6%) of the clients participated in Gambling Anonymous (GA) meetings after completing treatment. For those who attended GA meetings, 48.5% attended several times a month or more.

|                      | Number of Cases | Percent Yes |
|----------------------|-----------------|-------------|
| Attended GA meetings | 102             | 69.6%       |

| For those attending GA meetings: | Percent |
|----------------------------------|---------|
| Stopped going                    | 38.6%   |
| Attended once a month or less    | 12.9%   |
| Attended several times a month   | 7.1%    |
| Attended once a week or more     | 41.4%   |

About one-third (31.3%) of the program participants attended other support groups in the 12 months following treatment.

|                                  | Number of Cases | Percent Yes |
|----------------------------------|-----------------|-------------|
| Attended any other support group | 99              | 31.3%       |

For those attending other support groups, 90.0 percent were still attending at least some of the time as reported at time of follow-up.

| <b>For those attending any other support group:</b> | <b>Percent</b> |
|---|----------------|
| Stopped going                                       | 10.0%          |
| Attended once a month or less                       | 23.3%          |
| Attended several times a month                      | 10.0%          |
| Attended once a week or more                        | 56.7%          |

Only two clients (2.0%) attended and completed an additional gambling treatment program in the past 12 months.

| <b>Additional gambling treatment program past 12 months</b> | <b>Percent</b> |
|---|----------------|
| No  | 98.0%          |
| Yes, completed  | 2.0%           |
| Yes, but did not complete                                   | 0.0%           |
| Yes, still in treatment                                     | 0.0%           |

In the twelve months following treatment, more than one-third (35.5%) had their family or friends object to gambling. Some (24.7%) felt they neglected some usual responsibilities because of gambling.

|   | <b>Yes</b> |
|---|------------|
| Family or friends objected to gambling past 12 months                       | 35.5%      |
| Neglected some usual responsibilities because of gambling in past 12 months | 24.7%      |

## Demographic Characteristic of Those Surveyed 12-Months Post- Treatment

Single parents and homemakers were the most frequent categories selected.

|                   | Number of Cases | Percent |
|-------------------|-----------------|---------|
| Part-time student | 2               | 3.4%    |
| Full-time student | 2               | 3.4%    |
| Homemaker         | 20              | 34.5%   |
| Single parent     | 24              | 41.4%   |
| Retired person    | 4               | 6.9%    |
| Disabled person   | 6               | 10.3%   |

## Marital Status

Married (48.6%) and divorced (27.6%) were the most frequently mentioned categories of marital status at time of completing follow-up form.

| Marital Status | Number of Cases | Percent |
|----------------|-----------------|---------|
| Never Married  | 16              | 15.2%   |
| Divorced       | 29              | 27.6%   |
| Separated      | 4               | 3.8%    |
| Widowed        | 5               | 4.8%    |
| Married        | 51              | 48.6%   |
| Total          | 105             |         |

In the past 12 months, about one in ten (8.6%) had a marital status change.

|                                       | Yes      | No         |
|---------------------------------------|----------|------------|
| Marital Status Changed Past 12 months | 9 (8.6%) | 96 (91.4%) |

## Outcome Results - Gambling Past 12 Months (Post-Treatment)

There was a significant decrease in each of the twelve gambling activities between pre-treatment and 12 months post-treatment with improvements ranging between 51.2 and 100 percent. All persons participated in some type of gambling before treatment, but 53.2% were abstinent from gambling activities 12 months following treatment. Before treatment the most common gambling activities were: played slot, poker, or other gambling machines (91.2%) and gambled in a casino (85.2%). Following treatment the same two types of gambling were the most popular, but the order was reversed with 28.7 percent gambled in a casino and 28.4 percent played slot, poker, or other gambling machines.

| Types of gambling  | History Form Yes | Follow-up Form Yes | Percent Improvement |
|--|------------------|--------------------|---------------------|
| Played cards for money   | 33.3%            | 8.0%               | 76.0%               |
| Bet on horses, dogs, other animals                                   | 4.1%             | 0.0%               | 100.0%              |
| Bet on sports  | 20.2%            | 2.0%               | 90.1%               |
| Played dice games or dominoes for money                              | 22.9%            | 2.0%               | 91.3%               |
| Gambled in a casino  | 85.2%            | 28.7%              | 66.3%               |
| Played the numbers or bet on lotteries                               | 60.0%            | 14.9%              | 75.2%               |
| Played bingo for money   | 22.9%            | 3.0%               | 86.9%               |
| Played the stock, options or commodities market                      | 4.1%             | 0%                 | 100.0%              |
| Played slot, poker, or other gambling machines                       | 91.2%            | 28.4%              | 68.9%               |
| Bowled, shot pool, played golf or some other game of skill for money | 17.2%            | 5.0%               | 70.9%               |
| Pulled tabs or "paper" games other than lotteries                    | 34.3%            | 4.0%               | 88.3%               |
| Illegal gambling of any type   | 4.1%             | 2.0%               | 51.2%               |



## Problems at Work: Pre-and Post-test Results

Clients were asked identical questions before treatment started and 12 months following treatment with respect to 'problems at work,' during the past 12 months. In every situation, there were fewer work problems after treatment than before. After treatment, the clients had fewer problems with co-workers, missing work, getting work done, making serious mistakes, doing quality work, being late for work, getting injured, and problems with supervisors. The results below were based on the pre- and post-test treatment results for the 109 persons who had both history and 12-month follow-up information.

| Work Problems            | History Form<br>Percent Yes | Follow-up<br>Form<br>Percent Yes | Percent<br>Improvement |
|--------------------------|-----------------------------|----------------------------------|------------------------|
| With co-workers?         | 17.9%                       | 5.8%                             | 67.6%                  |
| With supervisor or boss? | 23.2%                       | 6.6%                             | 71.6%                  |
| Getting your job done?   | 21.1%                       | 2.2%                             | 89.6%                  |
| Doing quality work?      | 24.2%                       | 1.2%                             | 95.0%                  |
| Making serious mistakes? | 30.2%                       | 4.4%                             | 85.4%                  |
| Missing work?            | 36.5%                       | 4.4%                             | 87.9%                  |
| Being late?              | 33.3%                       | 3.3%                             | 90.1%                  |
| Getting injured?         | 4.2%                        | 3.3%                             | 21.4%                  |

### **Days Absent From Work in Past Months: Pre-and Post-Treatment Results**

There was a significant reduction in the number of days absent from work between before treatment and after treatment. Before treatment, there was an average of 3 days of missed work in the past month. After treatment, the average was reduced to 0.7 days for those completing treatment.

| <b>Days Absent From Work</b> | <b>History Form<br/>Pre-Test</b> | <b>Follow-up Form<br/>Post-Test</b> |
|------------------------------|----------------------------------|-------------------------------------|
| Days Absent                  | 2.9                              | 0.7                                 |

### **Drug and Alcohol Influence at Work: Pre- and Post-test Results**

After leaving treatment, clients were not likely to use alcohol or drugs while working. There was a notable reduction between pre- and post-treatment measures of substance use at work. Before entering treatment, about three-fourths of the clients were under the influence of drugs or alcohol while working, but after treatment only 4.4 percent reported being under the influence of substances while working.

| <b>Under the Influence of<br/>Alcohol or Drugs while<br/>Working?</b> | <b>History Form<br/>Pre-Test</b> | <b>Follow-up<br/>Form<br/>Post-Test</b> |
|---|----------------------------------|---|
| Never   | 4.2%                             | 95.6%                                   |
| Less than once per month  | 10.4%                            | 4.4%                                    |
| 1 to 3 times per month  | 4.2%                             | 0.0%                                    |
| 1 to 3 times per week   | 5.2%                             | 0.0%                                    |
| Almost every day  | 76.3%                            | 0.0%                                    |

## Substance Use 12 Months before Treatment and 12 Months after Completing Gambling Treatment

The abstinence rate for any substance use for this group of persons in the outcome study was 55.1 percent. A remarkable finding was the very limited use of substances other than alcohol during the follow-up periods.

| Substance Use  | Before Treatment<br>Percent Using | After Treatment<br>Percent Using |
|----------------|-----------------------------------|----------------------------------|
| Alcohol        | 67.9%                             | 45.8%                            |
| Marijuana      | 18.0%                             | 1.0%                             |
| Cocaine        | 6.1%                              | 0.0%                             |
| Stimulants     | 10.0%                             | 1.0%                             |
| Sedatives      | 8.9%                              | 0.0%                             |
| Opiates/Heroin | 1.0%                              | 0.0%                             |
| Tranquilizers  | 8.9%                              | 0.0%                             |
| Hallucinogens  | 2.0%                              | 0.0%                             |
| Painkillers    | 9.0%                              | 0.0%                             |
| Other          | 3.0%                              | 0.0%                             |

Most (74.3%) of the clients either smoked or chewed tobacco during the follow-up period.

### Smoking

|                          | Number of Cases | Percent Yes |
|--------------------------|-----------------|-------------|
| Smoked or chewed tobacco | 105             | 74.3%       |

About one-half (43.3%) the clients indicated that they were depressed at least 2 weeks in the past year.

### Depression

|   | Yes   | No    |
|---|-------|-------|
| Depressed at least two weeks in past year | 43.3% | 56.7% |

### **Accidents Past 12 Months: Pre- and Post-Treatment Results**

There was a reduction (2.4 times less) in the number of reported accidents as drivers between the pre- and post-treatment measures.

| <b>Accidents in the Past Year</b> | <b>History Form Pre-Test</b> | <b>Follow-up Form Post-Test</b> |
|-----------------------------------|------------------------------|---------------------------------|
| Number of Accidents               | .12                          | .05                             |

### **Arrested in the Past Year: Pre- and Post-test Results**

There was a reduction between pre- and post-treatment measures of 'Arrested in Past Year.' Before entering treatment, clients were arrested more often. Following treatment, there were 2.3 times fewer arrests.

| <b>Arrested in Past Year</b> | <b>History Form Percent Yes</b> | <b>Follow-up Form Percent Yes</b> |
|------------------------------|---------------------------------|-----------------------------------|
| Arrested                     | 31.5%                           | 13.8%                             |

### **Times Arrested in the Past Year: Pre- and Post-test Results**

For DWI, speeding or other moving violations, the clients had more arrests 12 months before treatment than they did the 12 months following treatment. There were 1.2 times fewer arrests during the follow-up period compared to 12 months prior to treatment.

| <b>Offense</b>                                | <b>History Form<br/>Pre-Test</b> | <b>Follow-up Form<br/>Post-Test</b> |
|---|----------------------------------|-------------------------------------|
| DWI   | 0.51                             | 0.21                                |
| Speeding or other moving<br>traffic violation | 0.35                             | 0.0                                 |
| Disorderly conduct                            | 0.09                             | 0.0                                 |
| Assault or battery                            | 0.03                             | 0.0                                 |
| Theft   | 0.09                             | 0.21                                |
| Vandalism                                     | 0.0                              | 0.0                                 |
| Possession of drug or<br>drug paraphernalia   | 0.09                             | 0.07                                |
| Sale of drugs                                 | 0.0                              | 0.0                                 |
| Other   | 0.26                             | 0.71                                |
| Total   | 1.42                             | 1.20                                |

## **OPEN-ENDED QUESTIONS**

The following comments were made by clients completing the follow-up form administered 12 month post-treatment. To date, 109 persons from gambling treatment programs have completed the follow-up survey.

### **What did you like best about the program?**

- Counselors (26 responses)
- Understanding, support of group (10 responses)
- Information/education/learned much (10 responses)
- All of it (8 responses)
- Could relate to others (4 responses)
- New start/outlook (4 responses)
- Camaraderie/friends (3 responses)
- Group (3 responses)
- Group discussion (3 responses)
- One on one (3 responses)
- Safe place (3 responses)
- Could open up (2 responses)
- Don't know (2 responses)
- Felt at home/nice atmosphere (2 responses)
- Help received (2 responses)
- Individuality (2 responses)
- Learning about my disease (2 responses)
- Met my personal needs (2 responses)
- Nothing (2 responses)
- Focus on self (1 response)
- See how I got where I am (1 response)
- Small size (1 response)
- Talks about highs and lows (1 response)
- Classes (1 response)
- Did not feel alone (1 response)
- Diversity (1 response)
- Time I stayed straight (1 response)
- Gave me confidence (1 response)
- Learned how to deal with life (1 response)
- Could relate to others (1 response)
- I was accepted and received hope (1 response)
- Understanding and patience (1 response)
- Family program (1 response)
- Feel better about self (1 response)
- More intense than GA meetings (1 response)
- It helped me (1 response)
- It was a good program (1 response)

## OPEN-ENDED QUESTIONS

**Is there anything about the program that needs to be changed?**

- No (45 responses)
- More emphasis on gambling, not substance abuse (14 responses)
- Counselors (3 responses)
- Longer program (3 responses)
- Nicer facility/better maintenance (3 responses)
- Don't know (2 responses)
- More family interaction (2 responses)
- Detox before treatment (1 response)
- If you disagree they kick you out (1 response)
- Individual rooms for privacy (1 response)
- More funding (1 response)
- More on spirituality (1 response)
- More one on one (1 response)
- More supervision at group meeting (1 response)
- Pressure (1 response)
- Program needs a lot of help (1 response)
- Remove disruptive people (1 response)
- Separate men and women (1 response)
- Don't make people go (1 response)
- Too repetitive (1 response)

## **Ratings of Program by Participants**

On the follow-up form the clients were asked four agree/disagree questions concerning the treatment program that they completed. In general the clients had very high ratings of the treatment programs.

A vast majority (91.9%) of the clients completing the follow-up interview agreed that it was a good program.

| <b>It was a good program</b> | <b>Number of Responses</b> | <b>Percent</b> |
|------------------------------|----------------------------|----------------|
| Strongly Agree               | 81                         | 81.8%          |
| Agree                        | 10                         | 10.1%          |
| Not Sure                     | 5                          | 5.1%           |
| Disagree                     | 1                          | 1.0%           |
| Strongly Disagree            | 2                          | 2.0%           |

For the most part (92.9%) the program participants agreed that the counselors were helpful.

| <b>The Counselors were helpful</b> | <b>Number of Responses</b> | <b>Percent</b> |
|------------------------------------|----------------------------|----------------|
| Strongly Agree                     | 81                         | 81.8%          |
| Agree                              | 11                         | 11.1%          |
| Not Sure                           | 2                          | 2.0%           |
| Disagree                           | 3                          | 3.0%           |
| Strongly Disagree                  | 2                          | 2.0%           |



A strong majority (91.9%) of those completing the follow-up survey felt they learned 'much' in the treatment program.

| <b>I learned much</b> | <b>Number of Responses</b> | <b>Percent</b> |
|-----------------------|----------------------------|----------------|
| Strongly Agree        | 82                         | 82.8%          |
| Agree                 | 9                          | 9.1%           |
| Not Sure              | 5                          | 5.1%           |
| Disagree              | 2                          | 2.0%           |
| Strongly Disagree     | 1                          | 1.0%           |

Most (94.0%) of the clients indicated that they would recommend the program to other people.

| <b>I would recommend the program to other people</b> | <b>Number of Responses</b> | <b>Percent</b> |
|--|----------------------------|----------------|
| Strongly Agree                                       | 88                         | 88.9%          |
| Agree  | 5                          | 5.1%           |
| Not Sure   | 3                          | 3.0%           |
| Disagree   | 1                          | 1.0%           |
| Strongly Disagree                                    | 2                          | 2.0%           |

## Information from Adult Gambling Discharge Form

### Program Type

Data analysis in this section was done on all persons who had been discharged. Patients were most frequently involved in evening outpatient programs (35.4%), residential inpatient only (35.0%), and day hospital (21.2%).

| Type of Program                           | Number of Cases | Percent |
|---|-----------------|---------|
| Residential inpatient only                | 92              | 35.4    |
| Evening outpatient only                   | 91              | 35.0    |
| Day outpatient only                       | 14              | 5.4     |
| Day hospital                              | 55              | 21.2    |
| Combination: inpatient evening outpatient | 1               | 0.4     |
| Combination: inpatient day outpatient     | 0               | 0.0     |
| Combination: inpatient day hospital       | 0               | 0.0     |
| Other                                     | 7               | 2.7     |
| Total                                     | 260             |         |

## Discharge Status for All Referrals to Programs

For the information on all clients completing treatment, most (84.9%) were in the 'Completed program' category. The 'Completed program' category is different from the numbers reported elsewhere in this report, because only those with completed information on all forms (Intake, History, and Discharge), had signed consent forms, had been out of treatment 12 months, and could be located and surveyed were used in the outcome studies section.

| Discharge Status             | Number of Cases | Percent |
|------------------------------|-----------------|---------|
| Evaluation only              | 1               | 0.4%    |
| Completed program            | 219             | 84.9%   |
| Transferred to other program | 14              | 5.4%    |
| Left against staff advice    | 19              | 7.4%    |
| Discharged for noncompliance | 5               | 1.9%    |
| Insufficient funding         | 0               | 0.0%    |
| Total                        | 258             |         |

## Gambling During Treatment

As would be expected, very few clients were known to have gambled during treatment.

| Gambling           | Number of Cases | Percent |
|--------------------|-----------------|---------|
| No                 | 221             | 86.0%   |
| Not sure           | 15              | 5.8%    |
| Yes, as inpatient  | 0               | 0.0%    |
| Yes, as outpatient | 21              | 8.2%    |
| Total              | 257             |         |

### Family Program Participation

Over one-half (57.0%) of the families of the clients had some involvement in the family program.

| Participation in Family Program   | Number of Cases | Percent |
|-----------------------------------|-----------------|---------|
| No family or significant other    | 59              | 23.0    |
| Patient refused                   | 23              | 9.0     |
| Family/significant others refused | 28              | 10.9    |
| Some involvement                  | 146             | 57.0    |
| Total                             | 256             |         |

### Who Participated in Family Program?

Of family members who did take part in the family program, spouse/mate and parents were the most prevalent participants.

| Attendance  | Percent None | Percent Partial | Percent Full |
|-------------|--------------|-----------------|--------------|
| Spouse/mate | 38.0%        | 28.9%           | 33.1%        |
| Parents     | 64.2%        | 18.7%           | 17.2%        |
| Siblings    | 75.0%        | 13.3%           | 11.7%        |
| Children    | 70.3%        | 18.8%           | 10.9%        |
| Friends     | 96.8%        | 3.2%            | 0.0%         |

## Post-discharge Referrals

Gambling Anonymous, program aftercare, and Alcoholics Anonymous were the most frequent referral sources. Since there could be multiple referrals per client, the total percent equals more than 100 percent.

| Referral Source                   | Number of Cases | Percent |
|-----------------------------------|-----------------|---------|
| Gambling Anonymous                | 246             | 96.9%   |
| Alcoholics Anonymous              | 123             | 48.2%   |
| Program Aftercare                 | 198             | 77.6%   |
| Emotions Anonymous                | 1               | 0.4%    |
| Individual Therapy/<br>Counseling | 33              | 12.9%   |
| Cocaine Anonymous                 | 0               | 0.0%    |
| Family Therapy/<br>Counseling     | 9               | 3.5%    |
| Narcotics Anonymous               | 27              | 10.6%   |
| Other Support Group               | 3               | 1.2%    |
| Other Referral                    | 26              | 10.2%   |